



F.I.T. Club

(Families In Training)

2007-2008 Family Peer Education State Project

Mission: To get families to participate in physical fitness together.

Key to Success: This is not a contest with other chapters. We want each chapter to set your own goals to accomplish this project. Any chapter who participates will receive recognition at the state meeting.

Suggestions for Activities:

- | | |
|---------------|-------------------|
| ♥ Bike Rides | ♥ Walks |
| ♥ Softball | ♥ Obstacle course |
| ♥ Hike/picnic | ♥ Sport Night |
| ♥ Dodge ball | ♥ Kickball |

This project can be done the whole year. We would like for you to write up the goal your chapter set and send in to Mrs. Ellen Hohbach **by**

Oct. 1st. Report how you accomplished the goal and pictures of your activities to Mrs. Ellen Hohbach by **April 1st.**

We will make a display for the state meeting with the information you send us.

Chapter Name: _____

Please send pictures of your activities by April 1st to: Mrs. Ellen Hohbach

**Plankinton High School
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